

Circle News

SkyRidge Chapter
January, February, March 2010

SkyRidge Medical Center

www.skyridgemedicalcenter.net

2305 Chambliss Ave.

Cleveland, TN 37311

Current Membership: 1005

Phone: 423.559.6887

A Word from Your Advisor

I want to take this opportunity to wish all of you a very happy, healthy and prosperous New Year! Senior Circle can play an important role in helping you to achieve these goals.

To quote the Routledge Book of World Proverbs, "Happiness has many friends." Our calendar of activities offers many opportunities to meet new people and make new friends. Thanks to all of you our "Circle of Friends" has grown to 1,000 members locally.

To encourage a healthier lifestyle, Senior Circle offers weekly exercise classes, monthly health talks and quarterly health articles in your "Inside Circle" magazine. Members attending the January 30th annual health fair will receive a free lipid profile as we celebrate our 5th Anniversary. You may also click on "Health Resources" on the SkyRidge website anytime for interactive tools to help assess and manage your health.

Senior Circle can also help you to be more prosperous with the many discounts. If you utilized all of the national savings from ADT Home Companion Service, Beltone Hearing Care, EyeMed Vision Care, and car rental companies, you could save over \$1200 a year! For more savings, be sure to check out the insert with our local merchant discounts. Please show your Senior Circle card and thank these merchants for their participation in our program.

Let's make this your happiest, healthiest, most prosperous year ever!

Nancy Griswold
Senior Circle Advisor

A Word From Our CEO

Looking back at 2009, SkyRidge Medical Center (SMC) made some significant enhancements to our facility. With the opening of our new \$45 million surgical tower, we've successfully expanded our emergency department (ED) and intensive care unit, added eight surgical suites and an 18-bed outpatient surgery center and increased the number of our private rooms by 31.

The expansion has brought with it positive improvements to the hospital. Our new triage in the ED has helped cut down wait time for emergency services, allowing you the treatment you need with the expediency you deserve. Our quality scores have improved, and we've achieved rankings appropriate to the national level in every category. And, most important, our patient satisfaction scores have continued to climb.

Although we're pleased with these accomplishments, we pledge to continue making SMC better. With each New Year, we make new commitments to continually improve the way we serve our community. At SMC, we focus a tremendous amount of our efforts on improving our quality and patient satisfaction. These two concerns will always be the cornerstone of all our initiatives.

With this in mind in 2010, we plan to focus on enhancing our existing services by relocating and remodeling the cardiac rehabilitation program and enhancing our overall cardiac services while continuing to grow new services that meet the needs of you and your loved ones.

Happy New Year,
Coleman Foss

MEET OUR DOCTORS

Dr. Subroto Kundu

Diplomate of American Academy of Neurology



Medicine Residency:
Mercy Catholic Medical
Center, Darby, PA
Neurology Residency:
Temple University Hospital
Philadelphia, PA
Board Certified,
American Board of
Psychiatry & Neurology
Dr. Kundu can be reached
at 790-1529. His office is
at 2253 Chambliss Ave. NW, Suite 405.

Dr. Jason Dunn



Dr. Dunn graduated
from East
Tennessee State
University's general
surgery residency
program July 2009.
He is a member of
the Bradley County

Medical Society, a candidate for the American
College of Surgeons, and is board eligible for
the American Board of Surgery. Dr. Dunn is a
member of Surgical Specialists, located across
from Ocoee Middle School, 2301 Ocoee
Street. He is accepting new patients and can
be reached at 479-9647.

The ER+ Goal

The ER+ goal is for you to have access 24-hours-a-
day, seven-days-a-week, to qualified physicians
who take the time to listen to what you have to say.
At our emergency department, ER+ represents a
commitment to providing quality service by meeting
the needs of our patients and their families with
courtesy and respect. Your emergency experience
at ER+ should be one of care, concern and
attention to your emotional and physical needs. It is
our goal not only to meet our patients' needs, but to
exceed the expectations of the people in the
community we serve.

Come to the February Lunch 'n Learn to find out
more about our Emergency Center.

HEALTH AND WELLNESS

*It's our 5TH Anniversary
And you get all the Goodies!*

SENIOR CIRCLE HEALTH FAIR Saturday, January 30, 2010

SkyRidge Main Education Department
8:00 a.m. – 12:00 Noon

Free Lipid Profile for Members
(Includes Cholesterol, Triglycerides, HDL and LDL)
Don't forget to fast for the test.

Door Prizes
Refreshments

INVITE A FRIEND TO JOIN!

ARTHRITIS WORKOUT

Regular, moderate exercise offers a host of
benefits to people with arthritis. Join us at St.
Therese Church in Breen Hall every Tuesday
and Thursday from 10:30 – 11:30. It's free.
You can improve flexibility with a head-to-toe
range of motion workout, work muscles and
joints and boost stamina with a fun workout.

FREE BLOOD PRESSURE CHECKS

Where: SkyRidge Main Cafeteria

When: 9:30 am January 8

9:30 am February 12

By: Family Home Care
and Hospice

And at our Health Fair on Jan. 30th.



EDUCATIONAL OPPORTUNITIES

HEALTHY WOMAN

Thursday, January 7, 2010
"Healthy Cooking Demonstration"
SkyRidge Chefs

Speaker at 6:00 pm, Snacks following
Cleveland Middle School, 3635 Georgetown Rd
&

Thursday, February 4, 2010
"The Heart of a Woman"
Dr. James Marcum
Lee University School of Religion Building
Corner of 8th & Parker St
6:00 pm Social / 6:30 pm speaker

&
Thursday, March 4, 2010
"Clutter.... WHO Me?"
Kaye Smith, UT Extension Center
Cleveland Chamber of Commerce
6:00 pm Social / 6:30 Speaker
Thursday, March

RSVP one week in advance 559-6229

JANUARY TRIP MEETING

Date: Monday, January 11
Location: SkyRidge Education
Department
Time: 5:00 – 7:00 pm
Stop in to sign up for trips and fill out
yearly paper work. Make final payment
on Hawaiiin Cruise. Register for door
prize.

FEBRUARY LUNCH'N LEARN

Date: Monday, February 8
Location: SkyRidge Education Department
Time: 11:45 am/Speaker 12:00 pm
Topic: "SkyRidge Emergency Center"
Cost: Free - RSVP 559-6887

FEBRUARY MONTHLY MEETING

Date: Monday, February 15
Location: SkyRidge Education Department
Time: 6:00 meal / 6:30 speaker
Speaker: Dr. Jason Dunn
Cost: \$4 for plated dinner (optional)

MARCH LUNCH'N LEARN

Date: Monday, March 8
Location: SkyRidge Education Department
Time: 11:45 am/Speaker 12:00 pm
Topic: "6 Steps You Can Take to Establish a
Sanctuary for Birds in Your Yard"
The cognitive skills you use in bird watching
will help maintain a healthy brain!
Speaker: Tony Kelley of Wild Bird Center
Cost: Free - RSVP 559-6887

MARCH MONTHLY MEETING

Date: Monday, March 22
Location: SkyRidge Education Department
Time: 6:00 meal / 6:30 speaker
Speaker: Dr. Subroto Kundu
Topic: "Neurology of Diabetes"
Cost: \$4 for plated dinner (optional)

FOOD AND FELLOWSHIP

BREAKFAST BUDDIES

Date: Every Friday, 9:30 am
Location: See your calendar
Cost: Dutch treat

DYNAMIC DINNER CLUB 6:00 PM

JANUARY 25 @ O'Charley's
FEBRUARY 22 @ Chili's
MARCH 29 @ Applebee's

BIRTHDAY BINGO

Everyone is invited to our monthly birthday
bingo. Enjoy cake and wish everyone a happy
birthday. Meet at **SkyRidge Main Cafeteria**
January 18, February 18 and March 24 at 2:00.









Our November Birthday Party

January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p> PLEASE TRY TO CALL 559-6887 A WEEK IN ADVANCE TO RESERVE YOUR PLACE BEFORE EACH ACTIVITY WITH .</p> <ul style="list-style-type: none"> • SkyRidge Medical Center – Education Rooms - Ground Floor by Cafeteria • Westside -2800 Westside Drive - in the cafeteria • Senior Center - 230 Urbane Rd. Next to YMCA • Bowling @ Galaxy Lanes – 5375 N Lee Hwy • St. Therese Church – 900 Clingan Ridge Dr. 					1	2
						<p>HAPPY NEW YEAR</p>
3	4 6:00 pm Bingo @ SkyRidge Main (Bring a white elephant prize)	5 10:30-11:30 Exercise St. Therese 1:30 – 3:30 pm Oil Painting Class Westside	6 12:30 Line Dancing Senior Center	7 10:30-11:30 Exercise St. Therese 1:30 Senior Bowling  6:00 Healthy Woman “Healthy Cooking” SkyRidge Chefs @ Cleveland Middle School	8 9:30 Breakfast SkyRidge B/P by Family Home Care & Hospice 10:30 Dominoes or Scrabble Cracker Barrel	9  Red Hatters 2:00 pm Panera Bread
10	11 5:00 – 7:00 pm Drop – In Senior Circle Trip Meeting in Education Department	12 10:30-11:30 Exercise St. Therese 1:30 – 3:30 pm Oil Painting Class Westside	13 12:30 Line Dancing Senior Center	14 10:30-11:30 Exercise St. Therese 1:30 Senior Bowling	15 9:30 Breakfast Cracker Barrel	16
17	18  2:00 Birthday Bingo Cafeteria Sponsored by Garden Plaza	19 10:30-11:30 Exercise St. Therese 1:30 – 3:30 pm Oil Painting Class Westside	20 12:30 Line Dancing Senior Center	21 10:30-11:30 Exercise St. Therese 1:30 Senior Bowling	22 9:30 Breakfast Holiday Inn	23
24	25	26 10:30-11:30 Exercise St. Therese 1:30 – 3:30 pm Oil Painting Class Westside	27 12:30 Line Dancing Senior Center	28 10:30-11:30 Exercise St. Therese 1:30 Senior Bowling	29 9:30 Breakfast Old Fort	30 Senior Circle 5th Anniversary Health Fair 8:00 – 12:00 SkyRidge Education Department
31  6:00 pm Dinner Club O’Charley’s						

February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	6:00 pm Bingo @ SkyRidge Main (Bring a white elephant prize)	10:30-11:30 Exercise St. Therese 1:30 – 3:30 pm Oil Painting Class Westside	12:30 Line Dancing Senior Center	10:30-11:30 Exercise St. Therese 1:30 Senior Bowling 6:00 PM Healthy Woman "The Heart of a Woman" Dr. James Marcum Lee U Religion Bldg	9:30 Breakfast Cracker Barrel	
7	8	9	10	11	12	13
	 11:45 am Lunch 'n Learn Education Department Topic: "SkyRidge Emergency Center"	10:30-11:30 Exercise St. Therese 1:30 – 3:30 pm Oil Painting Class Westside	12:30 Line Dancing Senior Center	10:30-11:30 Exercise St. Therese 1:30 Senior Bowling	9:30 Breakfast SkyRidge B/P by Family Home Care & Hospice 10:30 Dominoes Or Scrabble	 Red Hatters 2:00 pm Applebees
14	15	16	17	18	19	20
	 Monthly Meeting 6:00 pm – Education Dept. Plated Cafeteria Dinner \$4 6:30 pm Dr. Dunn	10:30-11:30 Exercise St. Therese 1:30 – 3:30 pm Oil Painting Class Westside 7:00 pm Cleveland Concert Conn Center Lee University Rudolph Budginas Tickets \$10	12:30 Line Dancing Senior Center	10:30-11:30 Exercise St. Therese 1:30 Senior Bowling  2:00 Birthday Bingo Cafeteria Sponsored by Wellington Place	9:30 Breakfast Holiday Inn	
21	22	23	24	25	26	27
	 6:00 pm Dinner Club Chili's	10:30-11:30 Exercise St. Therese 1:30 – 3:30 pm Oil Painting Class Westside	12:30 Line Dancing Senior Center	10:30-11:30 Exercise St. Therese 1:30 Senior Bowling	9:30 Breakfast Old Fort	
28						

March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 6:00 pm Bingo @ SkyRidge Main (Bring a white elephant prize)	2 10:30-11:30 Exercise St. Therese 1:30 – 3:30 pm Oil Painting Class Westside	3 12:30 Line Dancing Senior Center	4 10:30-11:30 Exercise St. Therese 1:30 Senior Bowling ☎ 6:00 pm Healthy Woman "Clutter, Who ME?" Kaye Smith, UT Ext Chamber of Commerce	5 9:30 Breakfast Cracker Barrel	6
7	8 ☎ 11:45 Lunch 'n Learn Ed Dept. Speaker: Tony Kelley of Wild Bird Center "6 Steps You Can Take to Establish a Sanctuary for Birds in Your Yard"	9 10:30-11:30 Exercise St. Therese 1:30 – 3:30 pm Oil Painting Class Westside 5:30 Advisory Board Meeting	10 12:30 Line Dancing Senior Center	11 10:30-11:30 Exercise St. Therese 1:30 Senior Bowling	12 9:30 Breakfast Holiday Inn	13 ☎ Red Hatters Beyond the Garden Gate in Ooltewah 2:00 pm
14	15	16 10:30-11:30 Exercise St. Therese 1:30 – 3:30 pm Oil Painting Class Westside 10:00 am Depart for Nashville	17 12:30 Line Dancing Senior Center St. Patrick's Day Return from Nashville	18 10:30-11:30 Exercise St. Therese 1:30 Senior Bowling	19 9:30 Breakfast SkyRidge Fold Newsletters	20
21	22 ☎ Monthly Meeting 6:00 pm – Education Dept. Plated Cafeteria Dinner \$4 6:30 pm Speaker: Dr Kundu Topic: "Neurology of Diabetes"	23 10:30-11:30 Exercise St. Therese 1:30 – 3:30 pm Oil Painting Class Westside	24 12:30 Line Dancing Senior Center 2:00 Birthday Bingo Cafeteria	25 10:30-11:30 Exercise St. Therese 1:30 Senior Bowling 7:00 pm - Cleveland Concert "Red Hot Hollywood" Conn Center Lee University Tickets \$10	26 9:30 Breakfast Old Fort	27
28	29 ☎ 6:00 pm Dinner Club Applebees	30 10:30-11:30 Exercise St. Therese 1:30 – 3:30 pm Oil Painting Class Westside	31 12:30 Line Dancing Senior Center	☎ PLEASE TRY TO CALL 559-6887 A WEEK IN ADVANCE TO RESERVE YOUR PLACE BEFORE EACH ACTIVITY WITH ☎. •SkyRidge Medical Center – Education Rooms - Ground Floor by Cafeteria • Westside -2800 Westside Drive - in the cafeteria • Senior Center - 230 Urbane Rd. Next to YMCA • Bowling @ Galaxy Lanes – 5375 N Lee Hwy • St. Therese Church – 900 Clingan Ridge Dr.		

RED HATTERS

Calling all ladies to buy a red hat & join us for some fun. We will meet at 2:00 pm on January 9 at Panera Bread, February 13 at Applebees and March 13 in Ooltewah at Beyond the Garden Gate.

Cleveland Concert Association Tickets

The next concert is February 16 at 7:00 pm at the Conn Center. Rudolph Budginas will perform an intimate and entertaining piano show. Thursday, March 25 will be "Red Hot Hollywood", a thrilling "red carpet" review of Hollywood's greatest musical memories. I have 12 tickets available for \$10 a concert if you would like to attend.

ENJOY THE MANY BENEFITS of



- 20% Discount Medical Center Cafeteria
- 10% SkyRidge Medical Center Gift Shop
- One Complimentary meal a day for caregiver of hospitalized Senior Circle Member.

If you are in the hospital, and would like a meal ticket for your caretaker, please call the Senior Circle office at 559-6887. If it is on a weekend or evening, call the Hospital Operator and ask for the Case Worker on-call and ask for a Senior Circle meal ticket.

- Free monthly Lunch 'n Learn
- Travel Opportunities
- Dinner Club & Breakfast Bunch
- Free copying and faxing – Senior Circle Office
- Fellowship & Activities
- Free exercise class



Sponsored by SkyRidge Medical Center

**Enriching the lives of adults age 50 and better –
one member at a time --**

Date submitted with payment:

Last Name	Middle Initial	<input type="checkbox"/> Mrs. <input type="checkbox"/> Ms. <input type="checkbox"/> Mr. <input type="checkbox"/> Dr.
First Name	<input type="checkbox"/> M <input type="checkbox"/> F	

Phone
(_____) _____ -- _____

DOB: Month _____ Day _____ Year _____

Social Security # *(Remains confidential)*

Address _____ Apt. # _____

City _____ State _____ Zip _____

E-mail Address *(Not required, but will allow you to get event info & news)*
_____ @ _____

2ND MEMBERSHIP, SAME ADDRESS ONLY

Last Name	Middle I	<input type="checkbox"/> Mrs. <input type="checkbox"/> Ms. <input type="checkbox"/> Mr. <input type="checkbox"/> Dr.
First Name	<input type="checkbox"/> M <input type="checkbox"/> F	

DOB: Month _____ Day _____ Year _____

Social Security # *(Remains confidential)*

E-mail Address *(Not required, but will allow you to get event info & news)*
_____ @ _____

CHECKS ONLY: PAYABLE TO SENIOR CIRCLE ASSOCIATION

- One-year membership: \$15 (SC1)
- Two-year membership: \$27 (SC2) *Save 10%*
- (2) One-year memberships: \$27 (TW1) *Save 10%*
- (2) Two-year memberships: \$51 (TW2) *Save 15%*

RETURN COMPLETED APPLICATION & CHECK TO

Senior Circle

2305 Chambliss Avenue / Cleveland, TN 37311
Nancy Griswold, Advisor / (423) 559-6887

*We value our relationship with you and will never share
or sell your personal information
to any outside organization without your permission.*

45-day money-back guarantee. Certain conditions apply; see chapter for details.
Benefits subject to change without notice. Memberships non-transferable.
Senior Circle Association is a non-profit organization, and reserves the right to deny or terminate the membership of any individual based on Senior Circle's sole discretion.

Senior Circle Association Member Services 800.211.4148

LET'S TRAVEL

Nashville, Tennessee

March 16-17, 2010

\$200.00 pp double

The Tuesday Night Opry will be back in March so plan to join us for some country music. We will have some time to do some shopping at Opry Mills before taking a Back Stage Tour at the Opry and enjoying the Tuesday Night line up. Cost includes one night at Gaylord Opryland Resort, ticket to the Opry, ticket for the Backstage Tour, ticket to the Country Music Hall of Fame and transportation with Royal Charter & Tour. \$50 deposit due upon signing; final payment is due by February 15. Make check payable to Senior Circle.



Hawaiian Cruise

April 11th- 23rd, 2010



Time is running out for your trip of a lifetime! Final payment is due by January 26, 2010. Outland Travel will be at our January 11th trip meeting if you would like to make your payment there. Call Outland Travel today at 478-3553 and ask for Allecia. The cost is \$2294 for an interior cabin and \$2724 for a balcony. This includes the cruise, flight and tips. We depart from Ensenada, Mexico on 4/11 and have five fun days at sea to relax and rest before our ship, The Spirit, visits Hilo, Kona, Kauai, Maui and Honolulu.

Cape Cod, Massachusetts

June 19-27, 2010

\$709.00 pp double

Come celebrate the first day of summer with us in Massachusetts! Diamond Tours will be arranging our trip. Highlights include a visit to Hyannis where you will visit the JFK museum, ferry ride to Martha's Vineyard, Cape Cod National Seashore, a stop at Foxwoods Casino and more. \$75 due upon signing; final payment due 4/13/10. Make check payable to Diamond Tours.

Mackinac Island, Michigan

August 22-28, 2010

\$579.00 pp double

We will take a ferryboat ride to Mackinac Island and tour the island by horse and carriage, cruise through the Soo Locks and enjoy dinner and gaming at Kewadin Sault Casino, tour Mackinaw City and visit Colonial Michilimackinac. Diamond Tours will be arranging our trip. \$75 due upon signing; final payment due 6/15/2010 - Make check payable to Diamond Tours.

Branson , Missouri

November 14-20, 2010

\$599.00 pp double

Join us to visit the "Live Music Show Capital of the World" Trip includes, 6 nights lodging, 6 breakfasts, 4 dinners, 7 shows including Tony Orlando, Osmond Brothers, Red Hot & Blue Show, Branson Belle and much more! Diamond Tours will be arranging our trip. \$75 due upon signing; final payment due 9/8/2010. Make check payable to Diamond Tours.

Reservations for all of these trips will be taken at our January 11th trip meeting. Please stop by to make your deposit and fill out your yearly travel release and take out insurance if you wish. If you cannot attend the meeting, you may mail in your deposit. All trips are first come, first served and will depart from Bi-Lo near Logan's. Sign up early to avoid the possibility of having a trip cancelled. *If the trip is cancelled* - you will get a refund. If you have to cancel, you need to find someone to take your place unless you have insurance.

**Put some fun back in your
life. Make travel with
SENIOR CIRCLE your
New Year's Resolution.**